

The Resilient Library Newsletter

April 18, 2021

Volume 7, Issue 2

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press **Click** or **Ctrl+click** on images and underlined text to be directed to those websites.

Inside this issue:

Job Market	2
Celebrate Earth Day	3
Farmer's Market	3
Gardening Books	6
Dispose of Unused Rx's	7
Fishing Rodeo	7
Re-opening Announcement	7
About This Newsletter	8

People Are Optimistic the End of the Pandemic is Near— And They've Laid the Groundwork For a Better Future

More than 60% of Americans say they feel optimistic that the pandemic will end before 2022, and they're preparing themselves for a better future.

A study of 2,000 adults found 58 percent of Americans also said that being at home during the lockdowns has motivated them to focus on self-improvement.

Sixty percent of respondents have dedicated their time in quarantine to boosting their appearance, and 52% say they worked on their health, according to the survey commissioned by Vagaro and conducted by OnePoll.

Others were motivated to build their self-confidence (48%), and feel happier with themselves (46%).

Data also showed that many sought self-improvement more recently because they had let themselves go during lockdown (46%). Some of the ways people let themselves go were by gaining weight (60%) or losing



touch with family and friends (49%). Despite these setbacks, fully 62% of people said they feel optimistic that the pandemic will end before 2022.

"With 2020 allowing time for introspection, many will face the post-pandemic world with a new mindset and will want to improve themselves physically, mentally and emotionally," said Fred Helou, CEO of Vagaro.

Silver linings of the pandemic were many

While these uncertain times can be difficult, they have also proven to be a catalyst for positive change. Recent polls show:

Continued on page 7

By Paul Brandus, MarketWatch

For older Americans battered by the jobs market during the pandemic, here's some encouraging news: There are 7.4 million job openings in the U.S. (as of Feb. 28), the Labor Department says. That's up from 7.1 million a month earlier and the most since January 2019.

It's the latest sign that demand for workers is growing quickly as the nation begins to heal from COVID-19. In fact, the Labor report adds, industries that took it on the chin during the downturn are the ones posting more "Help Wanted" signs.

Openings in the food services and accommodation sectors rose to 761,000 in February from 657,000 in January, for example, while openings in the arts, entertainment and recreation sector rose to 137,000 from 81,000. But there is a need in virtually every category, the report said—meaning there's probably something for you if you're looking.

But we all know that despite laws meant to prevent it, age discrimination is alive and well. And if you're a nonwhite older worker, it's even worse—what Owen Davis of the Schwartz Center for Economic Policy Analysis (SCEPA) at The New School of New York calls ["the double disadvantage of racial discrimination."](#)

Despite all the job openings, these kinds of headwinds make it harder for older workers seeking



to re-enter the labor force. What to do?

Use social media wisely

Employers look at resumes and cover letters of course, and I'll get to those in a moment. But these days they're also likely to Google you and look at your Facebook and Twitter pages, if you have them. While younger people are more likely to have something on these platforms that raise eyebrows—and cause a hiring manager to question their maturity and professionalism—you don't have this problem, of course. In fact, you can turn these platforms to your advantage by highlighting things that show your skill set and how you work with others. Perhaps you do volunteer work? Like to hike or go on long bike rides? Photos showing you out and about, staying active and interacting with others is a subtle and clever way to manage your image.

Do you have a LinkedIn account? Employers will also look at these. Think of LinkedIn as an online resume, with some powerful advantages. You can and should post a photo of yourself, for example. Want to look younger? It's OK to be a bit vain here. Consider whitening your teeth and adding highlights to your hair (why not?) Many people have puffy eyes from time to time (full disclosure: I'm one of them), and one way to address this is with tea bags. Yes, says [Healthline](#), it can really make a difference. Also consider keeping those older clothes in the closet. Google "how to dress younger" and all kinds of interesting ideas pop up.

LinkedIn also allows you to post anything that you think an employer would appreciate seeing, such as recommendations and testimonials from others. It's a terrific way to highlight yourself

Celebrate Earth Day by appreciating and respecting the natural world. Here are some ideas to inspire you this year.

1. SUPPORT OUR POLLINATORS!

Bring native bees and other pollinating creatures to your garden. One way to do this is by selecting the right plants. Need ideas?

- Find a beauty or two from our list of [plants that attract butterflies](#) and [plants that attract hummingbirds](#).
- Learn more about [native bees](#) (the super-pollinators!) and [make a native bee house](#) (much like a bird house!). Or, see [how to make a bee-friendly garden](#) habitat including bee-friendly plants.
- [Here are 10 more ways you can help pollinators in your backyard](#).



2. CLEAN UP PLASTIC IN YOUR NEIGHBORHOOD OR LOCAL PARK

One of the best ways to connect with the Earth is through cleanups! Go on a walk with a trash bag and help to clean up any plastic that you find. Perhaps you know of a nearby ditch that is polluted with trash that needs a spring cleaning! You'll start to realize that plastic permeates every aspect of our lives. But as the world wakes up to its addiction, just how easy is it to ditch plastic while growing and storing more of our own food? Don't forget to recycle what plastic you can. [See a Plastics Recycling Chart](#).

3. SWAP OUT YOUR KITCHEN AND HOUSEHOLD PRODUCTS!

Let's talk about the cooking and cleaning products that touch the food we eat as well as our skin. This year, we've discovered a line of kitchen and household products called "[If You Care](#)." Everything's biodegradable and does not use chemicals or plastic. Think 100% recycled aluminum foil, chemical-free parchment paper for baking, compostable bags made with potato starch, and even vegetable-based inks for their packaging. We love the company's motto: "We care simply because it's the right thing to do!" You can find **If You Care** products online and in stores. See [the store locator](#).

4. PLANT A TREE!

We love our trees! They capture carbon, cool over-

Salem Farmer's Market
Spring Season
Began April 3rd!

YOUR MARKET
IS BACK IN SEASON FOR 2021!



- **SATURDAYS: 8 a.m. - Noon**
- **All shoppers need to wear a mask**

#SampleSalem

Continued on next page

heated places, benefit agriculture, support pollinators, reduce the risk of disease transmission, and boost local economies. Did you know that planting one oak tree brings in more insect and bird species than an entire yard of plants? Talk to your local government about planting more trees and native garden beds in public spaces or consider planting your own on your property! [See advice on how to plant a tree.](#)

Another way to make a difference is to ditch printed seed or plant catalogs. When you receive an unwanted catalog in the mail (especially those huge ones!), contact the company and ask to be removed from their print list.



5. USE WILDFLOWERS AND NATIVE PLANTS

Wildflowers and indigenous species are not only beautiful but also attract native and beneficial insects that improve both pest control and pollination—meaning bigger flowers and bigger harvests. Try to simply add a couple of native plants to your garden each year, and you'll be amazed at the difference—they'll bring in pollinators as well as birds!

- Here's more [about native plants, why they matter, and a plant list.](#)
- We'll show you [how to grow wildflowers](#), plus see our list of our 5 favorite and widely adaptable wildflowers plus [wildflower varieties by region.](#)

6. REDUCE, REUSE, RECYCLE IN THE GARDEN

Caring about yourself and nature means being less wasteful and saving money, too. Who could argue with this? If you are a gardener, here are just a few ideas:

- Buy in bulk when you know that you'll need a lot of topsoil, mulch, compost, or other materials. This cuts down on plastic bags. Many garden centers will even deliver right to your yard. Also check with your city recycling center or Department of Transportation—they might offer free compost, soil, sand, or other materials.
- Reuse, recycle, or return old plastic pots and trays. [See six ways to reuse pots and containers](#) and how to [repurpose common household items to use in the garden](#)—and save money!
- Plant pots right into the ground! [Here are 10 types of biodegradable pots.](#)



7. STOP PESTICIDES AND CHEMICALS IN THE GARDEN

Most of the beginner gardeners whom we meet want to start growing without chemicals or pesticides—in a way that works and even saves money. Much of this is simply about focusing less on the plant and more on the health of the soil that supports the plant. If it's nutrient-rich with organic matter, plants thrive.

Continued on next page

- See [how to use organic soil amendments](#) to turn your poor garden soil into a nutrient-rich paradise in which plants will thrive.
- You don't need chemicals to get rid of pesky garden pests: Companion planting, natural remedies, and attracting predators to your garden can save you money and also save your plants. See [how to control pests in the organic garden](#).
- Some bugs are good for the garden! Here's a [list of some of the best beneficial insects](#) to have in your gardening space, with pictures and tips for attracting them.
- It's easy to use an organic plant fertilizer—made from just weeds and water. Does it sound strange to make plant fertilizer by using other plants? This is how nature works! Here's a simple [recipe for DIY organic fertilizer](#)—without using chemicals or animal waste—right from your garden!
- Gardening and farming methods such as not tilling the soil, growing cover crops during the off-season, and rotating crops (and grazing) help to retain organic materials in the soil.
- Here are [tips on organic seed-starting](#) and our [Beginner's Guide to Vegetable Gardening](#) to get you started.

8. CONSERVE WATER!

We waste a lot of water. Avoid overwatering your plants and improve their health by knowing [how much your garden really needs](#). Avoid watering your garden vegetables and plants from overhead, which invites fungal disease. Water at soil level.

See our top tips for [watering wisely in the garden](#) or our video demonstrating [10 smart watering tips](#). For gardens, flower beds, trees, and other nonlawn areas, consider installing a [drip irrigation system](#) or hose with irrigation holes that puts the water right into the soil, where you want it. If you must use sprinklers, put them on timers.

Harvest your rainwater from a roof, gutters, and sky with a [rain barrel](#). If you have a low-lying area,

consider planting a rain garden, which captures runoff, filters out pollutants, and provides food and shelter for butterflies, songbirds, and other wildlife. See [plot plans for “sun” and “shade” rain gardens](#).

9. THINK ABOUT YOUR DIET!

About one-third of the food that we produce every year goes to waste annually! Usually, this happens after we buy the food. How do we avoid waste in our own lives (and save money)? Also, how can we improve our diet so that it's healthier for ourselves (and the planet)? One way is to care about your “foodprint,” which is the result of everything that it takes to get your food from the farm to your plate. [Take this fun 3-minute Foodprint Quiz to find out your foodprint](#).

10. GET KIDS INVOLVED!

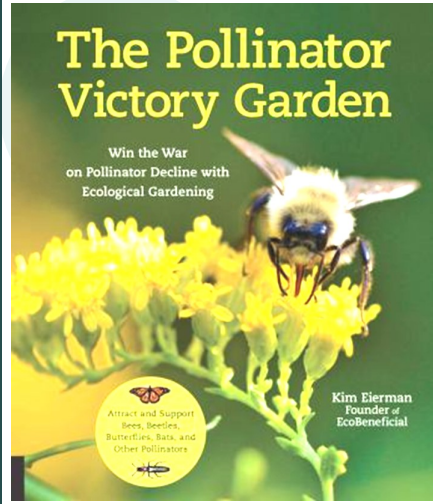
Pass down a love of nature and plants to kids. There are lots of opportunities for hands-on learning experiences outside. Here are some [ideas for how to garden with kids](#), including fun activities like [planting a sunflower house](#)!

- Here are [6 simple garden projects for kids from the Old Farmer's Almanac for Kids!](#)
- Children who grow vegetables, eat vegetables. Here's how to help them grow by [starting a school garden](#)! □
- Excerpted from [Earth Day 2021: When Is Earth Day? | Celebrating Earth Day at Home | The Old Farmer's Almanac](#)

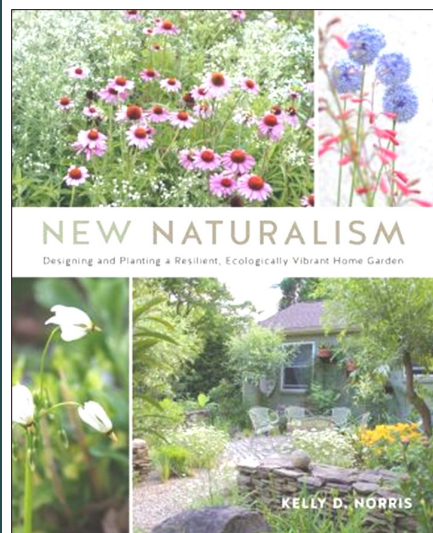


Gardening Books

"By planting a bit differently and by tweaking your landscape aesthetic, you can transition your landscape into a pollinator haven."

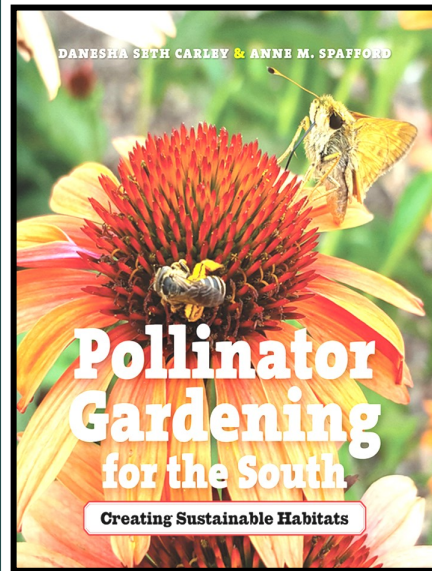


"Knowing how to create a lush, thriving, and ecologically vibrant landscape might seem intimidating and out of reach, but horticulturist Kelly Norris and New Naturalism are here to help you design and plant a stunning oasis of nature-inspired plantings that thrive."



Click on images
to go to catalog

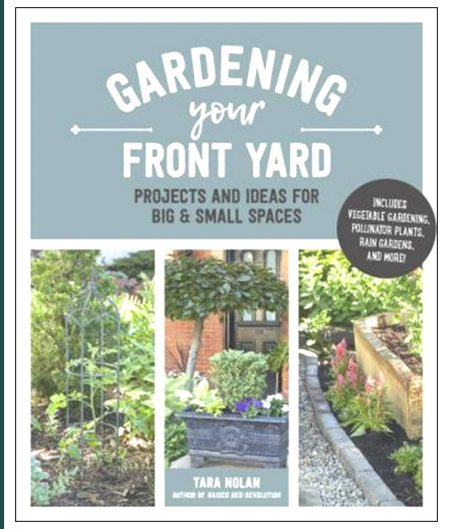
"Provides step-by-step instructions for choosing locations, preparing soil and garden beds, selecting the best plants, considering seasonality in your garden design, managing your garden throughout the year, and much more."



"In The New Heirloom Garden, Ogden inspires us with a history of seed saving in this country, then guides gardeners of all levels to create their own heirloom gardens with tangible gardening tips, twelve themed garden designs, and detailed resources."



"This beautiful and comprehensive book shows how to accomplish several hardscape projects, such as building front patios, borders, edging, and walkways, as well as making your own raised beds, planting containers, trellises, rose arbors, privacy screens, and more—all custom-designed for the rigors of front-yard gardening."



"Design and grow a beautiful, productive, small-scale vegetable garden. Discover which edibles grow best in kitchen gardens and get season-by-season advice on planting, tending, and harvesting."



- 52% have volunteered for the first time during the pandemic;
- 6 in 10 have a new appreciation of nature;
- two-thirds believe they've become a better person; and
- 64% have experienced a transformative 'eco wake-up call', becoming more environmentally-conscious during the COVID crisis.

With time to pursue new hobbies,

- 6 in 10 people have 'leveled up' and
- 40% saying they'll make money from it, and
- nearly 70% of Americans are more appreciative of loved ones than ever before.

What these Americans want to improve on:

- Paying more attention to their personal appearance 60%
- Having better physical health 58%
- Taking better care of their skin 56%
- Taking better care of their hair 53%
- Taking care of their mental and emotional health 48%

What motivates them to take better care of themselves:

- To attain better overall health 52%
- To build confidence/self-esteem 48%
- Better physical appearance 47%
- To be happier 46%
- To feel like their best self 39% ☐

Excerpted from [People Are Optimistic the End of the Pandemic is Near—And They've Laid the Groundwork For a Better Future](https://www.goodnewsnetwork.org/) ([goodnewsnetwork.org](https://www.goodnewsnetwork.org/))

Got Drugs?

Turn in your unused or expired medication for safe disposal

Saturday - April 24, 2021
10am - 2pm



Sponsored by the Salem Police Department

For more information, please visit www.dea.gov

SALEM POLICE DEPARTMENT

NEW!!
Vape Pens and similar e-cigarette devices also will be collected for proper Disposal
(Batteries must be Removed!!)

THE GOODWILL RETAIL & SUPER SHOES PARKING LOT
1830 W. MAIN STREET




69TH ANNUAL ERNEST "PIG" ROBERTSON FISHING RODEO

CLICK HERE FOR COMPLETE DETAILS



AGES 3-4	SATURDAY, APRIL 24	9 A.M. - 10 A.M.
AGES 5-6	SATURDAY, APRIL 24	10 A.M. - 11 A.M.
AGES 7-8	SATURDAY, APRIL 24	11 A.M. - NOON
AGES 9-10	SATURDAY, MAY 1	9 A.M. - 10 A.M.
AGES 11-12	SATURDAY, MAY 1	10 A.M. - 11 A.M.

BE SURE TO WEAR YOUR FACE COVERING

#SampleSalem  SALEM VA 

It's official! The Salem Public Library will re-open Monday, April 26, 2021, with the following hours:

**Monday-Saturday: 10am-1pm contact-free/telephone services only;
1-5pm open to the public (no appointments needed)**

Sunday: 10am-5pm contact-free/telephone services only

Please wear a mask while inside the library.
Thank you for keeping patrons and staff safe!



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Website: [https://](https://www.salemva.gov/departments/salem-public-library)

[www.salemva.gov/](https://www.salemva.gov/departments/salem-public-library)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

Roanoke Valley
Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley
Libraries
eBooks & eAudiobooks
rvl.overdrive.com

ABOUT THIS NEWSLETTER: This free, semimonthly (twice a month) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM— Click on the icons near the bottom of our [website home page](#).

Job Market—Continued from page 2

proactively, and in ways that you completely control.

But chances are you'll have to first get their attention and that's where the all-important cover letter and, yes old-fashioned resume come in.

Cover letter tips

Employers are far more likely to give you a second look if your cover letter is compelling. My advice here is to have a template in your computer that you can tweak for each company you're applying to. If a company says "we're looking for X and Y skills," then specifically mention them in your letter. [Here is one of the best free resources](#) I've

seen for crafting a good cover letter.

Resume tips

Resumes are often fed into scanners that search for certain key words. My advice, again, is to have a template that you can tweak for each job you're applying for.

If you're sensitive about age, consider ditching the chronological resume and build one that focuses on skills and achievements instead. If you insist on using a chronological resume, there's no need to go back more than 10 or 15 years. A friend in his 50s recently asked me to review his résumé and it mentioned his high school and his grade point average. Not helpful.

What is helpful are [these templates, samples and tools](#) to help you build just the right resume.

Finding work—at least rewarding work that comes with decent pay and a reasonable benefits package—can itself be a full-time job. If you're determined to find something, consider taking a step back first and getting your ducks in order first. Social media platforms, good templates for cover letters and resumes that can be easily tweaked. With millions of openings and an economy that appears to be bouncing back quickly from the pandemic this could be your moment. □

Excerpted from [The job market is looking up for older workers \(msn.com\)](#)